

Curriculum Vitae

Education and Training

M. A. Depth Psychology with Specialization in Community Psychology, Liberation Psychology, Indigenous, and Ecopsychology.

Pacifica Graduate Institute; Carpinteria, CA. 2016-2018

Somatic Experiencing Professional.

Three-year training plus supervision in Somatic Experiencing, a body-oriented therapeutic model that helps heal trauma and other stress disorders. 2004- 2007

M. A. in Counseling Psychology with an emphasis in Depth Psychology

Pacifica Graduate Institute; Carpinteria, CA 2001-2004

B. A. Psychology major, Religion minor; Cum Laude Honor

Columbia University; New York, NY. 1991-1995

Work Experience

Adjunct Professor Pitzer College 2021-present

I teach a class called Critical Community Engagement that weaves in social justice concepts, trauma healing and healing justice. Students do an internship with a local community organization as part of this course.

Somatic Counselor 2003- 2021

Private practice working with individuals living with trauma symptoms or other mental health issues.

Co-founder, [Off the Mat, Into the World®](#) 2007- 2022

Off the Mat is a non-profit organization that offers leadership trainings bridging yoga and activism within a social justice framework.

Responsibilities include: curriculum development, training and faculty development, mission and vision development, working with community partners and strategic planning.

Lead trainer for [A Thousand Joys](#) 2013- present

Develop and offer trainings in trauma informed care and diversity, equity and inclusion to

schools and community-based organizations. We offer coaching and professional development to all staff in order to create long term organizational culture change. Organizations include: Good Shepherd Domestic Violence Shelter, Venice Family Clinic, Toberman Neighborhood Center, LA Conservation Corps, Hillside residential treatment center, New Design Charter School, Citizens of the World Charter School, Gabriella School, Haven Hills Community Center, Rainbow Agency, Catholic Charities, Park Century School, SMASH school, New Roads School

Founder and trainer for [Collective Resilience](#) 2007- present

Collective Resilience is a 150hr certification training in trauma informed yoga and somatic practices. We offer foundational and intermediate and advanced level training which includes supervision and mentoring.

Founder and trainer Awakened Heart, Embodied Mind 200hr Yoga Teacher Training 2011-2017
Created curriculum and led a 200hr yoga teacher training annually. Topics include- yoga philosophy, anatomy and physiology, teaching principles, inclusivity and diversity.

Other Conferences and workshops

Resilience 101: Stress Management, Self-Care, Communication, and Creating a Culture of Wellness Pacific Southwest Mental Health Technology Transfer Center Network 2022

Embodiment as Accountability Practice in Social Justice Activism Embodied Yoga Summit, March 2021

Vicarious Trauma and Self-Care California Association of Behavioral Therapists, January 2021

What are Social Justice and Systemic Racism and how do we talk about them? New Roads School October 2021

Developing Critical Consciousness: how systemic and structural power dynamics shape us and what our role is in social justice New Roads School October 2020

Building Resilience: A Somatic Approach Maternal Mental Health Conference January 16, 2019

Building Resilience in Children: A Somatic Approach Echo Parenting Conference, April 5, 2018

Trauma Informed Yoga and Social Justice Yoga Ed trainer institute, 2015-2018

Yoga, Purpose and Action- 2008-2020. Weeklong intensive exploring the connections between yoga and embodied practices, purpose and community engagement.

Off the Mat, Into the World online and in person workshops: "Foundations in Social Justice," "The Trauma of Injustice," "Embodied Social Justice," "Best Practices for Facilitating Healing

Circles,” “Race, Reclamation and Revolution,” “Personal, Interpersonal and Collective Healing: Social Justice and Embodied Practice,” “Yoga for Trauma and Self-Regulation,” “Yoga for Anxiety and Trauma,” Trauma and Neurodiversity”

Vicarious Trauma and Self-Care Symposium on Vicarious Trauma. Oct. 15, 2015

University Teaching Experience

Pitzer College (guest lecturer)

Conscious Activism 2009-2011

Community Wellbeing and Social Justice 2012-2016

Healing Ourselves and Healing Our Communities 2017-2019

Research Experience

Pitzer College: “Know Justice, Know Peace: Transformative Movement Organizing and Healing Justice” The issue of centering wellness in social justice work was raised as a response to observing many staff and organizers within six community-based organizations experiencing burnout symptoms such as stress, exhaustion, physical and mental health problems, and interpersonal tensions inside organizations. 25 survey responses, 6 focus group conversations and 6 follow-up interviews with the staff and executive directors of the organizations revealed that the staff of these organizations sought more support and guidance about how to actualize healing, wellbeing, and live their justice values in their daily operations, policies, programs and organizational culture. This project aims to explore and critically reflect on this issue, create organizational development trainings to address it, and evaluate the impact of integration of changes to individual and organizational practices to address these topics. It aims to generalize the findings of this action research to provide scalable models to support other justice organizations and movements to be more trauma and healing-informed. 2020

Pacifica Graduate Institute, “Social Justice in Education: Barriers, Possibilities and Praxis” Fieldwork project at New Roads School in Los Angeles examining best practices in professional development training for school staff and teachers focusing on diversity, equity and inclusion. 2017

Pacifica Graduate Institute, “Pedagogy of Resilience: Self-Reflexive Teaching and a Trauma Informed Approach” This research took place at two Los Angeles based charter schools. Focus was on best practices in a critical, trauma-informed pedagogy for k-12 teachers. 2018

“Trauma informed yoga for system involved youth”

This research took place in Central Juvenile Hall in Los Angeles. We looked at best practices in offering a critical, trauma-informed yoga class to incarcerated youth. 2004

Schizophrenia Research Unit- Columbia Presbyterian Hospital, NY
Conducted patient interviews, did data collection, and taught a group stress management class to patients. 1993-1995

PUBLICATIONS

Books

Peace from Anxiety: Get Grounded, Build Resilience and Stay Connected Amidst the Chaos
(Shambhala, 2021) Author

Embodied Resilience through Yoga: 30 Mindful Essays About Finding Empowerment After
Addiction, Trauma, Grief, and Loss Llewellyn Publications (September 8, 2020) Contributor

REFERENCES

Upon request